

# Henewhen Commog issue 292 // 31 January - 14 February 2014





# Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Newham's Every Child a Musician, which provides free music tuition in schools to children aged nine to 12. As part of the programme, Newham Council helps talented local musicians to become music tutors through our Local Tutor Training Programme.

- > Can you play an orchestral instrument, the guitar or keyboard to a high standard?
- > Do you want to develop your teaching skills and experience so that you can become a music tutor?

If the answer is yes, then the **FREE** part-time Local Tutor Training Programme could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools.

The next course runs from **27 February to 28 June** and involves three one-day workshops taking place on a monthly basis. For more information about course content, application and interview dates, call **020 3373 0481** or email **ecam.tutor@newham.gov.uk** 





## he newham mag



Newham's primary schools are hitting new standards of achievement. Read about our outstanding Key Stage 2 results on page 10 and the expansion of Newham's Every Child a Musician programme on page 13.

February is lesbian, gay, bisexual, and transgender (LGBT) month. Pc Owen Pyle explains why LGBT hate crime is a high priority for the Met Police (p24).

The Mayor and councillors joined children and residents for our annual Holocaust Memorial Day event at Newham Town Hall and watched a moving performance by Newham's Every Child a Musician Star Orchestra and Star Choir (p14).

In this issue, you can also find out about Newham's own internment camp in the first of our Hidden History articles (p26) which mark the centenary of World War I.

#### Councillor Alex Kellaway

Executive member for business and skills

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The Newham Mag is printed on 100% recycled paper by Woodford Litho Ltd and distributed by Letterbox Distribution.

Look out for the next issue from 14 February 2014

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Find us online at www.newham.gov.uk/mag For information on all Newham Council services visit www.newham.gov.uk

#### IN BRIEF //

#### Think about switching

Newham residents and businesses could save money on their energy bills by registering for the Big London Energy Switch.

In November last year, Newham Council together with 23 other London boroughs signed up to the collective switching scheme to help people get better deals on their gas and electricity bills.

More than 13,000 people registered and energy providers offered deals to compete for their business. The majority of Newham's 651 registrants found they could save around £143 per year if they switched provider.

Residents have until 18 February to register. For more information visit www.newham.gov.uk/thinkingaboutswitching

#### Cash for cycle safety

Newham Council has successfully secured almost £1m for measures to encourage more residents to cycle safely and often.

The £905,000 from Transport for London and the Mayor of London's Borough Cycling Programme over the next three years is the second highest sum allocated to any council.

The council bid for money that will provide cycle training for residents; cycle parking where people live, work and shop; fund schools to teach young children to cycle safely and help develop cycle routes.

#### Porsche showroom on way

Newham Council's Strategic Development Committee has approved plans for a Porsche car showroom near Beckton's Gallions Rounadabout, which will bring around 60 jobs.

As a condition of planning, the company have promised to use the council's employment service, Workplace, to recruit locally, as well as help fund a signal crossing near to Gallions Reach Docklands Light Railway Station. To find out more about Workplace visit

www.newhamworkplace.com

#### Warm welcome to village people



Mayor Sir Robin Wales had a warm welcome for some of the first Newham residents to move into East Village, the former Athletes' Village in Queen Elizabeth Olympic Park.

The families have moved into the borough's allocation of 345 social rented homes. Newham Council has been able to nominate for more than half of the development's 675 social rented homes – the largest amount ever delivered to the borough from one development. This includes all four bedroom homes available for social rent and the vast majority of three bedroom homes.

Sir Robin met new resident Habbiz Aziz and his family. Sir Robin said: "I am pleased to welcome Newham families to the first social rented homes at East Village.

"The transformation of Newham and the prospect of new homes for our residents was one of the major reasons we supported the bid to host the 2012 Games. Securing these properties for Newham residents provides a legacy that will last for generations to come."

#### Council keeps concierges in blocks

Newham Council has decided to keep concierge services in its high rise housing blocks following consultation with tenants and leaseholders.

The council sought opinions as part of a detailed consultation programme about security on estates. Residents who responded said that they held concierge services 'in the highest regard as they keep us safe and our building clean' and they were a 'valuable point of contact'. The majority also said they would be prepared to pay higher service charges in order to retain the service.

Councillor Andrew Baikie, executive member for housing and customer service, said: "We asked residents about security in estates, have listened to their views so will be keeping the existing concierge service.

"The review was in response to the Government's limitations on rent increases, which mean the council is unable to increase resident charges to sufficiently cover the full cost of the existing service. Proposals are being developed that will keep the concierge service as a key part of estate security, while keeping costs manageable. We will be contacting residents again in the summer with details of the plans."



# 

#### **Customer Service Centre on track** : Tough love for rough sleepers

The new three-storey East Ham Customer Service Centre and library being built next to Newham Town Hall in Barking Road, is on track to open on Monday 17 February.



The new centre will offer a range of

council services under one roof. It will mean the current East Ham Service Centre in the nearby town hall annexe will close to the public from 5pm on Friday 14 February.

Services provided at the Stratford Customer Service Centre in The Grove will also end on 14 February and transfer to the new building in East Ham from Monday 17 February.

Many council services are now available online through the council's website. Residents can pay their bills, apply for services, report issues and keep track of enquiries all from the comfort of their own home, or via free use computers in all libraries. Visit www.newham.gov.uk/mynewham to find out more.

Newham Council has served anti-social behaviour warnings on 28 people who were sleeping rough in and around Stratford Centre shopping mall.

The council, working with police, the UK Border Agency and homeless support agency Thames Reach, is tackling issues around rough sleepers, following complaints from residents and businesses.

During late night patrols in December and January, enforcement officers handed out notices to the sleepers warning what they were doing was not safe and their behaviour was causing or likely to cause 'harassment, alarm or distress to the community'. Access to specialist support services was also offered.

Councillor Unmesh Desai, executive member for crime and anti-social behaviour, said: "Residents do not regard sleeping, drinking, urinating or taking drugs on the streets as an acceptable way of life. In terms of their health and safety, these individuals are also in an increasingly vulnerable position. We will continue to offer help to rough sleepers to find a way off the streets."

To report anti-social behaviour visit www.newham.gov.uk or call 020 8430 2000.

#### Staff on the ball for hospice

Caring staff from Newham Council's adult social care team raised £500 for Beckton's Richard House children's hospice through a charity football match and raffle.

The hospice provides care for children and young people who are terminally ill and support for their family.

Councillor Clive Furness, executive member for health and adult commissioning, who helped hand over the money, said: "Many families simply would not cope without the lifeline that Richard House offers."

Viv Talbot, community and events fundraising manager at Richard House, said: "The community spirit shown by the adult social care team at Newham Council is a great example for others. The money they have raised will help children and young adults who access our services."



## Schools really are top of the class

Our schools do a lot of great work and provide an amazing education for Newham's young people. More than 87 per cent of our children now attend a primary school that is rated either good or outstanding by Government inspectors Ofsted.

I made that point to shadow education secretary Tristram Hunt MP, when I took him to Maryland School in Stratford, which has recently been rated good by the inspectors.

Tristam was keen to see for himself the high quality education provision we provide and our innovative Newham's Every Child programme. He was lucky enough to meet some wonderful pupils and have one of our healthy free school meals.

He also took part in our Newham Reading Guarantee programme, which supports children in the early years of primary school to read, and Newham's Every Child a Musician initiative which gives children in Years 5, 6 and 7 an instrument and the opportunity to learn how to play it free of charge.

We were both impressed by the school's learning environment, nurturing atmosphere, wide range of activities for pupils as well as its outstanding Key Stage 2 results. Maryland like many of our primary schools has done really well.

Our pupils continue to make great progress above the national average between Key Stage 1 (from age seven) to Key Stage 2 (age 11). This is truly phenomenal and a success that we are keen to build on through our continued partnership approach and investment in our schools.

This year, 47 of Newham's 62 primary schools achieved above the national average for expected progress in reading; 48 achieved above the national average for expected progress in writing; and 49 achieved above the national average for expected progress in maths.

Newham's Key Stage 2 results for

pupils at age 11 continue to increase year on year. Overall, 39 schools are achieving significantly above the national average for their combined reading, writing and maths results. In addition, 22 of the borough's primary schools are now in the top ten per cent nationally for their results. This is down to dedicated head teachers, hard-working school staff and parents all working together to get the best for our children.







## United in remembering

Before West Ham United's game with Newcastle I met the remarkable Ben Helfgott MBE and together with club officials we lit candles on the Boleyn Ground pitch in Upton Park to remember victims of the Holocaust.

Ben, 84, (pictured second right) was ten when the Nazis invaded Poland in 1939. He was sent with his father to Buchenwald Concentration Camp in Germany. His father was killed two weeks before liberation. His mother and eight year old younger sister had earlier been shot in Poland.

"We must therefore not only remember the causes of the Holocaust and reflect upon its consequences, but use it as an opportunity to understand the importance of treating others how we would like to be treated ourselves."

Ben was moved to Schlieben Concentration Camp where, by his own admission, the little that was left of civilised life was stripped from him. His story is amongst the most harrowing I have heard.

Thankfully he survived and at the age of 15 was brought to England as part of a group of 732 orphaned concentration camp survivors. His other sister, who was liberated from the



Bergen-Belsen camp, soon followed.

Despite his war experience, Ben's love of sport was not diminished and he went on to captain the British weightlifting team at the Olympic Games in Melbourne and Rome in 1956 and 1960 respectively.

Ben feels he has a responsibility to preserve the memory of those who perished during the Holocaust. His experiences hardened him, but he was not prepared to let cruelty break his spirit or let revenge poison his life.

His dream is for a world of understanding, compassion, fraternity and love. Ben is one of the last living examples of why we must remember and never forget the atrocities of the Holocaust and subsequent genocides.

In Newham we commemorate
Holocaust Memorial Day because it is
an important part of remembering not
only the victims, but it also helps us to
understand what can happen if we let
intolerance fester into unspeakable acts
against other human beings.

Sadly, there are still examples of hatred and bigotry in the present day. We must therefore not only remember the causes of the Holocaust and reflect upon its consequences, but use it as an opportunity to understand the importance of treating others how we would like to be treated ourselves.



### **GET ACTIVE IN 2014!**

It couldn't be easier at your local leisure centre in Newham

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The largest of your local leisure centres with great facilities for the whole family

To find out more call 020 3373 1223, drop into your local leisure centre or visit **www.activeNewham.org.uk** 

\*Terms and conditions apply. Prices vary from centre to centre.









If your name is not on Newham's voter register not only will you be unable to vote, your credit rating could also be affected, meaning you could have problems getting loans, mortgages, finance agreements, mobile phone contracts and more.

On Thursday 22 May residents will be invited to vote in the Newham Mayoral, Council and the European Parliamentary elections. Registering to vote is easy and means you can have your say on important decisions that affect you and your family everything from education to roads and transport.

Every year voter registration forms are sent to each home in the borough. By now you should have received a form and reminder. Please respond to the form to be registered.

**FACT:** To vote in any UK election your name must be on the voter register. You are not automatically registered, even if you pay Council Tax.

#### Who can register?

- > Anyone eligible aged 16 or over (you cannot vote until you are 18).
- > If you're a student living away from home you can register at home and where you're studying.
- > British, Irish or qualifying Commonwealth citizens.
- > Citizens of European Union (EU) member states.

#### How do I register?

Responding to the registration form is a legal requirement, so complete and return it if you have not already done so.

To find out more visit

www.newham.gov.uk/electoralroll

**FACT:** Registering to vote does not mean you have to vote, it just means you can if you want to.

Email: elections@newham.gov.uk

Write: Electoral Services, Room 38, **Newham Town Hall Barking Road,** London, E6 2RP.

Call: 020 8430 2000.

**FACT:** It is a criminal offence to refuse to complete the registration form or to give false information, which carries a fine of up to £1,000.



X To find out more visit www.newham.gov.uk/electoralroll X



# THE KEY

Every year, the standard of education in our primary schools is improving. More children than ever are meeting the national levels required at Key Stage 2, making their transition from primary to secondary school easier.

More than a third of our primary schools are in the top ten per cent nationally for their Key Stage 2 results and 87 per cent of our children attend a primary school rated 'good' or 'outstanding' by Governent inspectors Ofsted.

Here are four unique perspectives on education, attainment and excellence as told by the people that make it happen.

## THE HEAD TEACHER DARREN WILLIAMS, CENTRAL PARK SCHOOL, E6

"We don't just follow the National Curriculum. We deliver the statutory part but then personalise a curriculum fit for our children.

"Our children have a lot of pupil voice. Before a term starts, the teacher will talk to the children about what they already know, what they want to learn about and plan the next term around that.

"Children in Years 5 and 6 have mentoring sessions every half term. Here they can talk about their targets, where they're at now and what they need to do to achieve their next steps.

"It's a three-way relationship: the school, children and parents all working together will achieve the best outcomes for everybody. We all believe we can continue to improve. Our motto is *learning now for future success*. What our children achieve at Central Park will put them on the right path for the future."





#### THE STUDENT VICTORIA RICHARDSON, 11, ST EDWARD'S SCHOOL, E13

"My favourite subject is English, but I'm not as confident with maths. In class we use traffic light cups – green, amber and red – to test our learning. If you're confident about the subject you show green, if you're not sure you show amber and if you're not confident you show your red cup. Miss then comes over to explain and if I still don't understand she works with me to do it.

"Before I go to bed I ask my mum to sign my homework diary, read with me and sign my reading record. I always pack my bag for the next day. Sometimes when I'm at home and have nothing to do I practise my handwriting.

"My biggest achievement has been becoming head girl. You have to fill out an application form and get shortlisted and then be interviewed to get the job.

"I'm a bit nervous about my Key Stage 2 SATs (Student Assesment Tests) and getting all the questions right. Before our exams we have a morning club. You come in at 7am, have breakfast and revise subjects. I hope I do well."



#### THE PARENT GOVERNOR (CHAIR) LISA SPENCER, COLEGRAVE SCHOOL, E15

"I became a governor when my son joined Colegrave; he's in secondary school now. I wanted him to go to a local school as I strongly believe that you don't have to send your child to a private school to get a good education.

"Initially I was only interested in league tables, but I visted Colegrave, had a look around and I liked the atmosphere and the feel of the school.

"Parents can support their child's school by getting kids to do their homework, get them in on time and not keeping them off school without good reason.

"We were recently congratulated by Schools Minister David Laws MP for our children's performance in their Key Stage 2 tests, describing us as 'exceptionally effective' in educating our pupils. We are now among the 250 top performing schools in the country for progress made by our pupils from Key Stage 1 to 2.

"Governors, as constructive partners, have a strategic overview and can support the school's development plan. Some of our children come to us at such low levels and the progress they make is outstanding. That's how we want to continue."





#### ORLA NALLY THE YEAR 6 TEACHER, BRITANNIA VILLAGE SCHOOL, E16

"We strive to have a creative curriculum and each year group has a topic which is linked to English, science and maths. For example, if the topic is chocolate our children visit a chocolate manufacturer. When they return they read *Charlie and the Chocolate Factory*.

"The creative elements are hooks for learning. We try to make the whole thing an engaging process so they are completely drenched in the context of their topic, which makes a big difference.

"Every visit is linked to learning in the classroom so it makes it purposeful for them. We're very big on outdoor learning. Last year, one of our year groups piloted being outdoors two days a week for the entire summer term. And it doesn't have to be about going far away. They did things like estimating the speed of the planes flying from London City Airport. They sent their results to the airport and they weren't far off the mark.

"I think we're quite creative with how we involve our teaching assistants (TA). We don't have class TAs we have TAs who give targeted support and intervention for anyone who needs it. These are things we've developed over the years. Although we have been rated outstanding by school inspectors we are not complacent and always strive for ways to improve."

To find out about how your child's school is progressing at Key Stage 2, speak to your child's teacher or the school's head. Turn to page 6 to read more about education in our schools.





#### Adoption, what would you say?

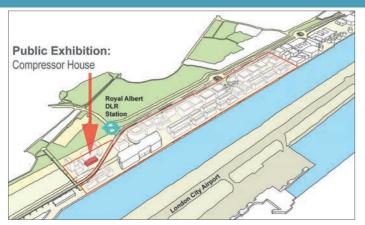
Don't just think about it, call us free on 0800 013 0393

www.newham.gov.uk/adoption



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Our proposals with breathe new life into this vacant site opening up the waterfront, bringing investment to the area and creating thousands of new jobs.

We will be a holding public exhibition to share our proposals for the site. We encourage you to come along, meet the project team and let us know what you think.

Compressor House, Royal Docks Dockside Road, Newham, E16 2QD

Thursday 6 February

Friday 7 February

Saturday 8 February

You can also view the proposals on

www.roval-albert-dock.com







## Hitting the right notes

Newham's Every Child a Musician (Newham's ECaM) programme is going from strength to strength. Last summer, Newham's ECaM Stars Orchestra was formed, swiftly followed by Newham's ECaM Choir. Now the groups have begun to perform at big events and the programme is expanding the range of instruments that can be studied.

Newham's ECaM Stars Orchestra is made up of 20 musically gifted and talented children. It was developed following annual performances with the Royal Philharmonic Orchestra at Newham Council's Under the Stars music nights.

The orchestra performs classical and contemporary pieces by artists from Vivaldi and Beethoven to Elvis Presley and Coldplay.

Since forming, the orchestra has performed at A13 Green events, the Newham Waterfront Festival, National Paralympic Day and Stratford's Christmas lights switch on.

The addition of the choir allows the Newham's ECaM Stars Orchestra to perform as part of a larger ensemble.

The power of this combination was seen when they performed *Remember Me* at Newham Council's Holocaust Memorial Day event (see page 14). The piece, based on the real life journey of a group of Polish children who were taken by train to Treblinka extermination camp, was especially composed and written for the occasion.

This year the orchestra and choir will be showcasing their talents on a national platform with performances planned at this year's National Paralympic Day in Queen Elizabeth Olympic Park and a range of council events.

The number of instruments that are available to study under Newham's ECaM is increasing. Children who are doing well are being given the option to study the harp, orchestral percussion, electric guitar and saxophone.

Mayor Sir Robin Wales said: "Day by day Newham's ECaM continues to demonstrate its value and I am glad that it keeps on expanding and opening up yet more opportunities for the borough's children and young people.

"Seeing and hearing the performance at Holocaust Memorial Day, I could not have been more proud."

If you are a Newham school child in Years 5, 6 or 7 and play an instrument with ECaM you can join the ECaM orchestra or choir. To find out more drop in to Lister School, St Mary's Road, E13, from 4-6pm on Wednesdays (during term-time) or email ecam.tutor@newham.gov.uk









## A keynote on inhumanity

#### - Newham remembers the Holocaust

## More than 150 people gathered at Newham Town Hall, East Ham, to remember those who lost their lives during the Holocaust.

Holocaust Memorial Day marks the anniversary of the liberation of the German concentration camp Auschwitz-Birkenau.

It is estimated that six-million Jewish people were murdered by the Nazis during the Second World War. The Nazis also executed Romany gypsies, people with disabilities, homosexuals, Soviet prisoners of war, Polish and Soviet citizens as well as people who politically opposed the Nazi regime.

Mayor Sir Robin Wales, Newham Council chief executive Kim Bromley-Derry, councillors and residents joined schoolchildren from across the borough for a poignant candle lighting ceremony, which formed part of the event to reflect on the horror of Nazi atrocities during the Second World War and genocide since.

"This demonstrates the shared common values of friendship and respect that I believe the people in Newham value."

Children Tyrone Marabi and Kamsi Nzewi from St Luke's School in Canning Town, did readings about Anne Frank's diary while Edil Yusuf and Jasmine Ssenoga from Plaistow's Cumberland School, read poems of memories of the Holocaust.

Gifted and talented musicians and singers from Newham's Every Child a Musician programme took to the stage as the Stars Orchestra and Choir. They performed *Remember Me*, a moving piece written and composed especially for the event by Craig Murdoch, Newham's lead tutor for keyboards.

Remember Me tells the story of

the journey a group of children who were marched from their village to the Warsaw Ghetto and then taken by train to the Treblinka extermination camp in Poland. The children carved their names on a tree in their village so they would not be forgotten.

Speaking at the event, Sir Robin said: "The Holocaust is about remembering what happens when people who hold intolerant beliefs and messages of hatred and bigotry are not challenged. Sadly, there are still examples of this hatred and bigotry in the present day.

"There are more than 300,000 people living in Newham who speak more than 200 languages and dialects – this makes us the most diverse place, for our size, in the world.

"I'm proud of our strong sense of community spirit. We are a borough where nearly 90 per cent of our residents say people from different backgrounds get on well with their neighbours and other people in their community. This demonstrates the shared common values of friendship and respect that I believe the people in Newham value, regardless of their background."

#### Nicoleta (10) choir

"Preparing for this event was fun but sad too as we remembered the people that died."

#### Heidi (9) choir

"I've been in the choir a week and this was my first performance. It was really scary at the beginning but as we started to sing I started to get over my fear and enjoyed it a lot."

#### Mathumithaa (10) choir

"At school we learned that the Jews were forced to go to the concentration camps. Through music we explored the horrific things that happened to those people. Today has made me understand how important it is for us and our community to remember the Holocaust."

#### Sergiu (10) orchestra

"We've been practising for a long time and it went really well. It's amazing that we had the opportunity to perform, I felt really excited."

#### Reece (10) orchestra

"Sometimes in rehearsal I got it wrong, but today I got it right. It went well. It feels like we've been successful and have done a good job."





# Still thinking about switching?

Are you paying too much for your gas and electricity?

Changing your energy provider can save you money.

www.newham.gov.uk/thinkingaboutswitching

Newham Council together with 22 other London boroughs has signed up to the Big London Energy Switch, a collective switching scheme to help Londoners get a better deal on their gas and electricity bills.

Visit www.biglondonenergyswitch.org.uk to register.

If you do not have internet access you can call the offline registration service on 0800 048 8439.

If you experience any other problems registering, call the iChoosr helpdesk on 0800 0488 112.



Newham London



# Attention parents!

Free early education for two-year-olds

Your child may be entitled to up to 15 hours of Free early education per week



Find out if you are eligible visit www.newham.gov.uk/twoyearold call 020 3373 0980



### Making a healthy difference to people's lives

Newham councillors, through their Health and Social Care Scrutiny Commission, work hard on behalf of residents to ensure care delivered by the borough's health agencies is effective, efficient and in the best interests of local people.



Recently a report by Robert Francis QC that identified serious failings in the care delivered by one NHS organisation in

the north of England sent shock waves through the health service.

Marie Gabriel, chair of East London NHS Foundation Trust, which delivers mental and community health services to Newham residents, said improving patient care is at the heart of everything her organisation does, including working with partners to ensure it is done in a holistic and integrated way.

Marie said: "The Francis Report said the NHS and all those who work for it

must make sure the patient is the priority in everything done. Everything East London NHS Foundation Trust does revolves around those who use our services. It's what drives and motivates our nurses, clinicians, support staff, managers and governors."

The Trust is rated as a leader in its field for its professionalism and expertise. Its extensive work in research and better ways of keeping people healthy is widely acclaimed and has led to a number of pioneering health solutions.

Marie added: "We make a positive difference to thousands of people's lives, but like all organisations, we don't always get it right. As much as we like praise, we want people to tell us if we have let them down. The feedback helps us develop better services. Whether it is about waiting

times and information or staff training and development, by working with service users, carers and stakeholders, we optimise services so that they provide the right support to each service user."

If you want to find out more about what East London NHS Foundation Trust does, visit www.eastlondon.nhs.uk

If you want to suggest subjects that you think Newham councillors should scrutinise, email **scrutinyteam@newham.gov.uk** or write to the Overview and Scrutiny Team, Newham Dockside, 1000 Dockside Road, E16 2QU.

## Recycling with \*



Homestore is a furniture re-use charity project based in Stratford. For the past 25 years Homestore has provided quality furniture to people on low incomes who otherwise might go without, or get into debt to buy the basics.

If you have furniture which you no longer need but is in good condition, Homestore is an alternative to the council's free bulky waste collection service. Homestore also collects your goods for free and stores them in their warehouse, where residents who are on a low income or in need can purchase good quality items for their home at low cost. Access to Homestore is by referral, usually from Newham Council, housing associations, or charities.

The following residents share their experience of Homestore.

#### **Donor: Paula Lisles, Plaistow**

I first came across Homestore when I saw a poster advertising their service. I've recently updated my living room and needed to get rid of my old sofa. It was eight years old but still in good condition.

I called Homestore and we went through a short assessment, which involved



me taking a photo on my phone to confirm that the sofa was in good condition and still had its fire label. They emailed me back to arrange a collection date, I received a reminder text the day before they were coming with a time slot. The sofa was collected from my home so there was no lifting involved for me.

I have another sofa which isn't in good condition so rather than contact Homestore I'll use the council's free bulky item collection service to dispose of it.

It's great to know that you're helping someone by doing something as simple as getting rid of your furniture. Anyone can donate, as long as the item is in good condition. Recycling is good but this is even better as you're helping someone else.



#### **Volunteer: David Elton, Stratford**

I've been volunteering here for six years. I don't get paid but I enjoy it so much I don't mind. I used to go to a nearby day centre and we'd come to Homestore to do woodwork workshops.

I work on Monday and Fridays. I move furniture around, do some dusting and help the drivers get furniture off the van.

My favourite task is helping loading and unloading items. There are other volunteers that I work with – last year we had 93 people help out. Some are disabled, some are former prisoners on rehabilitation, others might be looking for some work experience to put on their CV. A lot of the work needs two or three people. We work as a team to get the job done.

Customers come here with their kids and on their own. They're all very nice. I help them find what they're looking for and they are very happy when they get their furniture.



If you have furniture in good condition that can be reused by someone else, email homestore@qsa.org.uk or call 020 8519 6264.

If your item has reached the end of its useful life book a free bulky item collection. Newham Council can collect up to six items from your doorstep for free. Visit www.newham.gov.uk/bulkywaste to find out more.

To find out if you are eligible for furniture from Homestore call **020 8519 6264**.



I first came across Homestore when I moved out of bed and breakfast accommodation. When I moved in there was no furniture. Newham Council referred me to Homestore and within two days I had a sofa, new cot and bed, a chest of drawers and a table and chairs.

I never knew there were places where you can get good quality, reasonably priced furniture. As everything is donated you don't know what you'll get, but you can find a lot of diamonds in the rough.

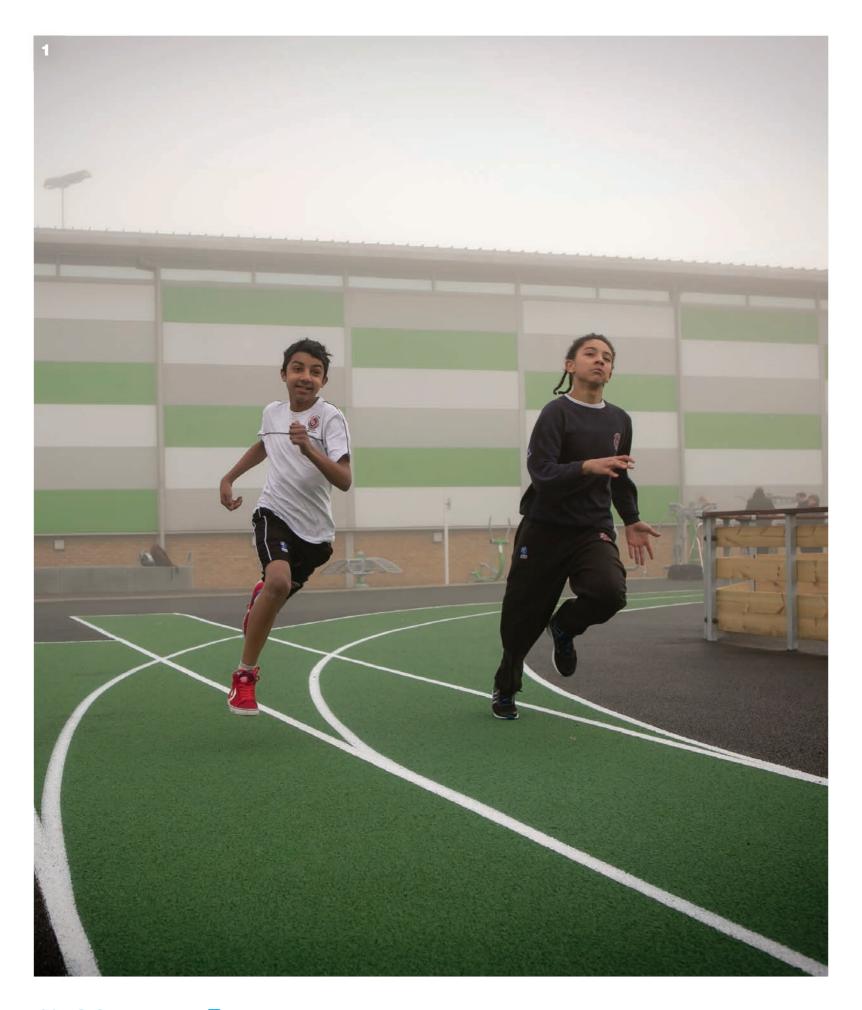
Every item I've received has been in good condition. I don't have the money to buy things straight out. If it wasn't for Homestore I'd probably have to go somewhere where I could pay in instalments – and end up paying triple the price.

People say one man's junk is another man's treasure, and it's true. If people have good quality items they no longer need give them to Homestore and help someone in need.









Newham in pictures









1 A runaway success. Students from Cumberland School take to the track at the Maybury Multi-Use Games Area (MUGA), E13.
2 Learning at the library. Visitors at The Gate's Saturday family arts club. 3 The write stuff at Maryland Primary School: pupils showcase new ways of learning (see page 6). 4 Newham Young Mayor Jonathan Bennett digs deep to plant shrubs with fellow Cumberland Schools students at Maybury MUGA. 5 An event of note: musicians perform on Holocaust Memorial Day.





## Use it or lose it

Newham Council offers a free bulky waste collection for all residents. You must book a free bulky waste collection and have a valid reference number before putting your bulky waste out for collection.

If you have bulky waste on display without a valid reference number you will:

- receive an £110 penalty notice
- immediately lose your right to free bulky waste collections for 6 weeks.

If you lose your right to a free bulky waste collection you will need to make alternative arrangements for collection and you may receive further fixed penalty notices during this time.

Non-payment of fixed penalty notices can lead to prosecution, a fine and a criminal record.

For more information or to book a collection visit: www.newham.gov.uk/bulkywaste



Play your part for a Cleaner, Greener Newham.

# Today's readers tomorrow's leader

Six months ago Denise Evans-Barr, Susan Mills, Dawn Lang, Gloria Zwaddle and Denise Hillsden organised a reading event for families. It was so successful they decided to do it again.

The women are part of Your Space, a grassroots charity in Canning Town. They wanted to run a project to improve the connections between local people and they felt reading was an important issue.

Susan said: "My dad used to read to me before I went to sleep and that was something special, but if you ask people nowadays if they read to their children, many don't."

With the help of a Let's Get the Party Started (LGtPS) grant from Newham

Council, the group organised their first event. Dawn said: "We are a very multicultural area, so some people might have language or cultural barriers, but that all gets broken down at children's events. It's a way of breaking the ice and getting to know the people around you."

"LGtPS grants are a fabulous way of encouraging the community to do something for itself "

Applying for an LGtPS grant was very easy. Denise said: "The form is quite straightforward, so as long as you've got the idea just put it down on paper. It's very easy to fill in. I'd absolutely recommend it." Dawn agreed saying: "LGtPS grants are a fabulous way of encouraging the community to do something for itself."

Since their first event they have taken childcare qualifications and Denise has trained to run reading workshops. Now they want to expand the reading group



The women found that organising the events changed their lives for the better. Denise said: "I've met a lot of parents who live round the corner, so from these little events I've made quite a lot of friends and now we don't just pass each other on the street." Dawn said: "It's nice that this borough is supporting its community to get together." Susan agreed: "Life is a lot happier if you know a few people in your area."



Let's Get the Party Started grants are for events held in Newham, that are open to the whole community and help to bring people from different backgrounds together.

To find out more about LGtPS or to apply, email communitygrants@newham.gov.uk or visit www.newham.gov.uk/grants



#### Does Newham have a large LGBT community?

There's a strong LGBT community in Newham, but it's quite disparate. There aren't many gay clubs or bars and people are quite private, but they exist. Before working in Newham I worked in Soho, the centre of the London gay scene. Newham is quite different. People tend to rely on support organisations for 'safe spaces' rather than being able to walk into a bar or club at any time.

#### Can you explain what LGBT hate crime is?

It is a crime or act of discrimination where somebody, not necessarily

the victim but any person, perceives it as being discrimination based on a person's sexuality or their gender identity. Fortunately, in Newham there aren't many homophobic hate crimes. However, sometimes people are targeted because of their sexuality, assaulted or discriminated against – including being refused service in hotels or businesses.

#### Does that still happen?

Unfortunately it does and that is one area we are here to tackle.

#### What issues have you dealt with?

In the year-and-a-half I've been the LGBT liasion officer I have had a fair few cases.

For example, people being targeted in their own homes because they were known to be gay or lesbian. This is terrible because people can't even feel safe where they live. When that happens we work as hard as we can to provide support and deal with the problem.

Another important area of my work is with the older LGBT community who remember the days 50 years ago when they could be arrested for being gay. They are surprised and pleased that there is an openly gay police officer to support them and the police are taking hate crime seriously.

Then there are issues that I wish the community would take more seriously.



For example, I find it incredibly unfair that gay or lesbian couples walking down the street hand in hand should be targeted with abuse just because they want to show love for their partner. A lot of people brush it off, but if somebody shouts abuse and nothing happens to them, they will do it again and again. Their confidence will build up and maybe next time it could be assault, or worse. I think that this unaccetable behaviour should be reported.

#### If someone reports an LGBT hate crime what happens?

A report is taken, put on the system and the community safety unit investigates it. If there is CCTV footage it is viewed. If a perpetrator can be identified they are arrested. Hate crime is taken very seriously. All leads are followed up. It will also be referred to me. I will get a detailed report from the investigating officer and make contact with the victim to offer support alongside the investigation. I can talk them through the process, refer them to agencies if they need support. If they feel uncomfortable talking to the investigating officer I can take statements. If it goes to court and they want someone to sit with them or support them through the process I can do that as well.

Hate crimes of any kind are treated more seriously at court. The way it works is that we prosecute offences. There is no offence of homophobic assault, so we prosecute the assault, and at sentencing if it is shown that it was an LGBT hate crime the perpetrator can get a longer sentence. No one should ever be assaulted because of sexuality, gender, their gender identity, their race or anything else. The Metropolitan Police take it with the utmost seriousness and we put all our resources into it.

If you would like to discuss or report any issues in confidence please call 101 or email lgbt-kf@met.police.uk or owen.pyle@met.police.uk

## Hidden history: Little Ge

A century ago, more than 50,000 Germans were living in England. Many settled down and started families in the parts of the East End now known as Newham, forming the largest German community in London. Here they became cornerstones of the community including bakers, butchers, hairdressers and jewellers. But with the outbreak of World War One (WWI), the lives of these residents was to be irrevocably disrupted.

In late July 1914 WWI began. Across the country, 'spy fever' gripped the public's imagination.

The belief that Germans were suspected of leaking information to the enemy was fuelled by the sensationalist press.

Locally, German-owned shops were attacked by violent mobs. The resentment ran so high that one Russian businessman put up a reward for anyone who found the origins of libellous rumours suggesting he was German, which was damaging his reputation.



#### £100 REWARD.

Whereas some malicious Person, or persons, are spreading a report about that I am a German, the above Reward will be paid to anyone giving information that will lead to a conviction.

L. FEITELSON.

327, GREEN St. UPTON PARK.

N.B.—I am a Russian, born of Russian ancestors for generations, and have never seen Germany.

Copyright Newham Archive

Public outrage at the supposed inhumanity of the Germans during the war pressurised the government to adopt a heavier policy of internment, where a person was imprisoned or detained without trial.

#### **Marching orders**

Many Germans surrendered themselves rather than face persecution from the community. Others did so reluctantly, though peacefully, on a police officer's orders. More common were the tearful goodbyes between young German men and their English wives and children. Some internees had lived in the area so long that they themselves had children serving on the frontline against the Germans.

On Tuesday 15 December 1914 a small group of Germans were led

to William Ritchie & Sons, an old jute factory on Carpenters Road in Stratford, which would be one of their many new homes during WWI.

#### Under guard

Stratford Camp, as it was then known, held one of the worst reputations amongst internees, described as a 'veritable hell' by one.

It housed up to 700 detainees at



## rmany, Stratford



one time, and more than a thousand would have passed through it during the course of the war.

Privacy was scarce in the old factory and public sympathy for the prisoners was non existent. Men, women and children spat and shouted at detainees on their way to the camp. Under the watch of soldiers with machine guns, gambling, a piano and a theatre stage were the only entertainment to fill the endless boredom.

As with most wartime detention centres, the factory, where Queen Elizabeth Olympic Park now stands, was described regularly as a ghastly place. One complaint, signed by more than 140 internees, was that the camp's commanding officer had slapped a prisoner suffering from TB for not replying with 'sir' to a question.

The human spirit shone through at the bleak prisoner camp despite the dire conditions. The birthday of Kaiser Wilhelm II, Germany's last emperor, was celebrated with a full programme of classical music, mouth organ solos and a one-man musical entitled The Jolly Prisoners.

The Quakers acted as one of the few humanitarian groups in the camps, conducting camp inspections, sending Christmas cards and bringing news and parcels from relatives and sympathisers.

As well as stopping men of military age from leaving the country to fight for the enemy, the government intended to protect these German civilians against persecution from xenophobic members of the public. Most of those in the camp were either sent home during the course of the war, or left soon after. Some civilian prisoners never recovered from the shock of internment and suffered an equivalent to the post-traumatic stress disorder suffered by soldiers on the front line.

#### Gone but not forgotten

Signs of Newham's German community can still be found today. Stratford's King Edward VII pub, was once known as the King of Prussia, and is still referred to as The Prussian by some locals. It changed its name to distance itself from its German ancestry at the height of 'Germanophobia.

Newham Council will be holding a number of commemorative events to mark the centenary of the start of WWI. The Newham Mag will also be publishing a series of features related to WWI.

Heritage is compiling an exhibition which looks at the experience of Newham's German population, collecting

oral histories of people's family memories of WWI and holding workshops in Newham schools.

If you have any stories of Germans living in east London, or of WWI, share your history with Eastside Community Heritage. Email Simon Buck at Simon@ech.org or call 020 8553 3116.



Images copyright of Imperial War Museum





Thursday, 13<sup>th</sup> February, 2014

**Event:** 10:30am to 3pm \*LUNCH PROVIDED\*



To improve future provision of health and wellbeing services, please attend an important workshop organised by North East London Public Pharmacy Partnership.

#### We would like:

- Your views on current care and support from your local pharmacy
- Your views on the future of care and support from your local pharmacy
- Pharmacy Call to Action YOUR voice: the care you want from your pharmacy

Express your views about your local pharmacy in Newham!

#### Venue:

St. Mark's Community Centre, 218 Tollgate Road, Beckton, E6 5YA.

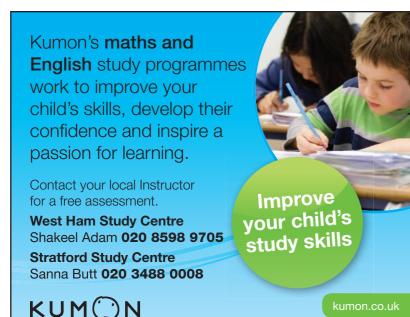
(Nearby Beckton DLR station, and Beckton ASDA)

For catering purposes would you please confirm your attendance either by:

Visit: http://nelppp.org.uk/?page\_id=234

Email: <a href="mailto:cta@nelppp.org.uk">cta@nelppp.org.uk</a>
Phone: 0560 125 2940 (local rate)

Please also let us know if you have any access or dietary requirements.





Fees vary. Please refer to your local study centre



#### Do the right thing - don't rubbish where you live, don't rubbish Newham.

Newham is a great place to live. We have stunning buildings, beautiful parks and superb green spaces. Everyone who lives in Newham should be proud to live here.

Dropping litter isn't about race, creed or colour. Young people are no more likely to drop litter than older people. No one group is more likely to litter than any other.

Everyone is responsible for litter. We all get given it when we buy drinks, food, or just about anything. The question is what we do with it.

There are all kinds of litter - paper, wrappers, bottle caps, drink bottles, cans and cigarette butts. It is almost impossible to live without litter, so we all have a responsibility for what we do with it.

Do the right thing - don't rubbish Newham. And remember, some rubbish can be recycled. The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

#### **Ensuring your anonymity**

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- · you will not be required to provide your
- you will not be required to leave your contact details
- you will not have to make a statement

Don't put up with rubbish. Don't drop it and if you see it report it. To get it cleared up report it online at www.newham.gov.uk/MyNewham





Ref: Jan14160

Ref: Jan15429

Ref: Jan19750



Ref: Jan14701







Ref: Jan19751



Ref: Jan19884





Ref: Jan20061





Ref: Jan14074



Ref: Jan15257









Ref: Jan15427



Ref: Jan19752





**Ref:** Jan20096





**Ref: Jan20097** 



Ref: Jan25541

Call 020 3373 4479 and quote the reference number beside the picture.





## Cet crafty at textile

classes

Whether you want to make do and mend or meet new friends, come along to textile classes at the McGrath Road Enterprise Hub in Stratford.

The classes are for all abilities and teaching can be tailored for people with disabilities or complex needs.

The classes, where you can learn a range of needlework

skills, cost £3 and take place on Mondays and Thursdays, from 1-3pm, at the centre in John Barnes Walk.

Additional classes are hosted at St Mark's Community Centre, Tollgate Road, E6, on Fridays from 10.30am-12.30pm and Trinity Centre, East Avenue, E12, on Thursdays and Mondays from 10am-12noon.

An embroidery group for people with advanced needlework skills meet on Wednesday (during term time), from 10am-2pm, at Little Ilford Baptist Church, Sheringham Avenue, E12. Group sessions in your home for up to ten people can also be arranged for £50 for 90 minutes of teaching.

Call East London Textiles Arts on 020 8471 2656 or visit **www.eastlondontextilearts.com** for further information.



## Dog days ahead

Teach your dog new tricks at a free dog agility session.

The sessions, run by Newham Council and the Dogs

The sessions, run by Newham Council and the Dogs Trust, will help you to train your pet to run through tunnels and weave through poles.

The Dogs Trust will give you some great advice about caring for your canine and there will be a free dog micro-chipping service.

The sessions take place from 11am-4pm on:

Thursday 20 February, Little Ilford Park, Dore Avenue, E12Friday 28 March, Beckton District Park North, Tollgate Road, E16.No booking required. Call 0844 414 27 28 for more information.



## A super concert



The Newham Super Choir invites you to a free concert on Saturday 8 February.

From 7pm at Durning Hall, Earlham Grove, E7, there will be songs to warm your soul and uplift your spirits, hot drinks, refreshments and a raffle. You may also have the chance to join in with a special singalong.

The concert, which has been supported by a Newham Council Let's Get the Party Started grant and Aspers Casino Good Causes Fund, is also a chance to find out how you can sign up to join the choir.

Tickets are free and available on a first come, first served basis on the night or you can secure your place by emailing Jennifer Chappell at **jchappell48@hotmail.co.uk** or calling Mercedes LaRodé on 020 7476 6356.

For more information visit www.newhamsuperchoir.org

# Prince is karate king

Prince Atender, from St Joachim's School in Custom House, is proving to be a knockout in the karate stakes.

The 11-year-old head boy competed at the UK Karate Championships in Sheffield and walked away with a gold medal in the kata competition and a bronze medal in the kumite category.



The results mean he has

the chance to represent the UK at the World Championships in the USA next year.

James Allen, head teacher at St Joachim's, said: "Prince is a credit to our school. His skills and techniques wowed the judges and secured him two medals in this national competition. We are all really proud of him."



Applications for the Helena Kennedy Foundation's (HKF) 2014 bursary are now open to Newham residents.

The Foundation provides support to students whose personal and financial circumstances make progression to higher education difficult.

Successful applicants will receive a bursary of £1,500 together with ongoing support, mentoring and training to help them achieve their potential.

Applications must be nominated by your college or sixth form, with a limit of five applications per college or sixth form.

The closing date for applications is Friday 28 March. For full details visit **www.hkf.org.uk** or email **enquiries@hkf.org.uk** 





PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO

newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry. We cannot return any entries.



Angelo Lumandas, 11





Viktorija Kukosa, 6



Srinithi Neshan



Stella Marder, 6

## Winfree membership of Strafford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



## Poem

#### The world can be a greener place

Do not ever litter,

Coz the punishment can be bitter, As we're throwing litter on the floor, Other people are picking it up in bore, Look to the left,

Look to the right,

What do you see?

The beauty of the world is what I perceive,

With the world is our love,

As we look at the skies above,

With the way we are littering,

The world will become a horrible thing, As we throw gum onto the streets,

The government spends money keeping it clean,

As the world shows its kindness to us, We should stop littering without a fuss.

By Labib Ahmed, age 11

## Colour ine su Worksearch



W O L L A M H S S A M M I L E N T Z E P
C N A C K L P C A B A P B N R H W S O R
S Z S N B R L O G V R L I C G D E T O U
S N R E T U A N A A N E C E A R T H M N
K I E C E A N E T Y R A H E T I A T S I
N R W K P D T S T E M S C N N U W T N N
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S C O I S T G R O W T H R H P S L A D N
A I B E L O G S T D E A D O E E M O N A
S Y A R T S T U S D R L O D T L O H P F
I S A E Y C P L R A G L L E W H F L P

EarthHerbsSeedsFlowersPlantsShelfForkPotting ShedTraysGrowthPruningTrowel

# 31 JAN -14 FEB

#### FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

#### **OUR THRILLING THREE...**



**Zumba Stars** – free for ages 11 to 25 with proof of Newham residency. Mondays and Thursdays, 6.30-7.30pm, Queens Rd West Community Centre, E13, until end of February. You must be able to attend six classes. Text Pam on 07916 327 541 for your free pass.



Valentines Tea Dance - Friday 14 February, Old Town Hall, Broadway, Stratford, 1.30-4.30pm. Entry: £3, includes refreshments and raffle. Call **020 3373 2879** for more information.



**Free guitar lessons** – for ages seven and up. Fridays during term time. The Garden Community Café, Cundy Road, E16. Call 020 7474 5257.

#### **MENTION THE MAG...**

The Sound of Motown is coming to Stratford Circus, Theatre Square, E15, on Friday 7 February.

There will be dancing in the streets as award-winning guitarist Ciyo Brown and a nine-piece band perform hits by Martha Reeves, Diana Ross and Smokey Robinson.



Mention the Newham Mag and receive tickets for £20, discounted from the usual price of £25 to £35 (limited availability, Newham residents only).

Doors open 8pm. For more information or to buy tickets call the box office on 0844 357 2625 or visit www.stratford-circus.com

#### TRY SOMETHING NEW... **SIGN UP FOR A PART-TIME COURSE**

There are still places available on selected courses with Newham Adult Learning Service – including qualifications in computerised accounts, business administration, child care, teaching assistant, English, maths and ESOL (English for Speakers of other Languages). They also have spaces on non accredited courses such as cake decorating, make your

own wedding cake, catering and fashion and textiles including art and craft. The Gainsborough Learning Centre also has courses for adults with learning difficulties.

For further information call **020 3373 1290** or email sonia.lard @newham.gov.uk



ndicates free sessions

#### ARTS AND **ENTERTAINMENT**



#### Comedy Night 🗘

Mon, 8pm, Theatre Royal, Gerry Raffles Sq. E15. Visit www.stratfordeast.com/ comedy-night

#### **UNDER-FIVES** LIBRARY ACTIVITIES



Mon, 10.30-11.15am, Custom House Mon. 11am-12noon. Beckton Globe, Stratford Tues, 10.30-11.30am, Canning Town Tues, 11am-12noon, The Gate, Stratford Thurs, 2-3pm, North Woolwich, Plaistow Fri, 11am-12noon,

Manor Park, Stratford, Green St

#### Homework Club



Term time only. Mon, 3.30-5.30pm North Woolwich Mon, 4-6pm, Stratford, East Ham, Wed, 3.30-5.30pm, Green St, Manor Park Thurs, 4-6pm, Custom House, The Gate, Plaistow Fri, 3.30-5.30pm, Beckton, Canning Town

#### YOUNG PEOPLE'S **LIBRARY ACTIVITIES**

#### Homework Club (7-14yrs)



Free study support. Mon, 3.30-5.30pm North Woolwich Mon, 4-6pm Stratford

Wed, 3.30-5.30pm Green St, Manor Park

Thurs, 4-6pm Custom House, The Gate, Plaistow Fri. 3.30-5.30pm Beckton.

Canning Town

#### Games Club (7-16yrs) 😭

Sony PS3, XBox360, Nintendo Wii, board games and much more. Thurs, 6-7.30pm, Forest Gate Tues, 4-5.30pm, Custom House

#### **OTHER LIBRARY ACTIVITIES**



#### Knit & Natter

Adult group. Wed, 10am-12noon, Beckton Fri, 10am-12noon, Canning Town

#### Over-50s Club



Thurs, 10am-12noon, Beckton Globe

#### Chess Club



Thurs, 5.30-7.30pm, Stratford

#### **Employability Skills**



ESOL class with a focus on creating a CV and communication skills for work. Mon, 12.30-2.30pm, The Gate

#### **Skills Rethink Family Arts** Club (3-12yrs)

Sat, 12noon-2pm, The Gate

#### ESOL Class



Tues, 9.30-11.30am, The Gate. English classes, women only

#### Writer's Group



Last Thurs of each month, 5.45-7.30pm, The Gate

#### **Adult Reading Groups**

Thurs 6 Feb., 6.45-7.45pm, Plaistow. This month A Week in **December** by Sebastian Faulkes Mon 10 Feb, 6.30-7.30pm, Stratford. This month The Rosie **Project** by Graeme Simsion



#### COMMUNITY **ACTIVITIES**



#### NCT Newham Groups 😭 Mums2Be



If you're pregnant come and meet with other mums-to-be. Stratford Circus Cafe, every third Saturday of the month 10-11am, FREE. Contact newhamnct@hotmail.com or Kelly on 07789 953 151

#### Bumps and Babies 😭 (up to 1yr)



A free home-based meet up every Wednesday, 1-3pm for expectant parents and those with babies. Email newhamnct@hotmail.com

#### **Royal Docks Learning** & Activity Centre

Mon, Employment Support sessions, by appointment only Tues, Healthy Cooking Group, 10am-12noon, £1 Parent and Toddler group, free, 10am-12noon Over-50s computer classes, 11am-1pm, £1

**Weds**, Coffee Morning, 9.30-11am



12noon-1pm Shop and drop (60+) 10.15am Thurs, Tai Chi, £2, first session free, 10.30am-12noon Learn to Earn, 11.30am-1pm Royal Docks Learning & Activity Centre, Albert Rd, E16. Call 020 7476 9922

#### **Table Top Sale**

Sell your goods. £5 a table. Last Sat of every month, 9am-2pm, Jack Cornwell Community Centre. Call 020 8553 3459

#### **Music Therapy**

Term-time sessions to help develop interaction with children. Thurs, 3-4pm, Shrewsbury Children's Centre, Manor Park. Call 020 3373 6050 Fri, 2.15-3.15pm or 3.45-4.45pm, Susan Lawrence

Children's Centre, Manor Park. Call 020 3373 7227 www.newham-music.org.uk

#### **BOXING AND SELF DEFENCE**



#### **Boxing**

Mon, Wed, Fri, 5-6pm West Ham Boys ABC 9+yrs, The Black Lion, 59-61 High St, E13. Call 020 8472 3614 Mon, Wed, 6-8pm Peacock ABC, 8+vrs, Caxton St North, E16 Call 020 7511 3799 Mon, Wed, Fri, 6-7.45pm Newham Boys ABC, 6+vrs. Old Bath House. 141 Church St. E15. Call 020 8519 5983 Fight For Peace 11+ Woodman St, North Woolwich, E16. Call 020 7474 0054

#### Punch Out (16+yrs)



Tues, 4-5pm, Katherine Rd Community Centre, 254 Katherine Rd, E7. Email getactive@newham.gov.uk

#### **Shoujin Karate**



Fri, 6-7pm and 7-8.30pm. Sun, 10-11am. Under-15s £4, 18+yrs £6, concs £5 Wed (during term time only) 4.30-5.30pm Newham Shoujin Karate Club, Newham Leisure Centre. Call 07508 070 638

#### **Docklands Karate Club**

First session free. Mon and Wed, juniors and beginners 7-8pm, all other grades 8-9pm, under-15s £4, 16+ £6, concs £5. Monthly rates available. UEL SportsDock. Call 07766

#### **Gurumu Taekwondo**

685 869

Mon and Wed, children 6-7.30pm, juniors and adults 7.30-9.30pm. Monega Primary School, Halley Rd, E12. Call 07931 709 140

#### JFI Karate (5+ yrs)

For children and teens Mon, 5-6.30pm, Wed, 5-6.30pm, The Hartley Centre.

#### Call 07818 000 643

**Coffee morning** 

#### **Kickboxing**

Mon, Wed and Fri, 6.30-8.30pm. Trad TKO Boxing Gym, Stephenson St, E16. Call 07944 873 927 or email eastlondonkickboxing @gmail.com

#### Intense Fitness (14+)

Skipping, running, upper body and leg workouts follwed by 20mins boxing and wrestling. Fri, 8.30-10pm, £5. The Hartley Centre, call 07878 253 642

#### Boxing (Newham College) 😭



Mon, 5-6pm, East Ham Leisure Centre. Wed, 4-5.30pm, SportsDock.

#### Judo

Mon, 5.30-6.30pm, **SportsDock** 

#### **HEALTH AND FITNESS**



#### Family Fit Camp



Discover fitness, health and family fun. Parents and children (7-12yrs), child is free. Sat, 12-1pm, SportsDock.

#### 90 Day Boot Camp 🚺 Challenge



Starts in Feb, various times, SportsDock. For details call 07904 625 402 or email neusa@5starphysique.co.uk

#### Bootcamp (men only)

Thursdays, 7.30-9pm, £5 Langdon School Sports Centre, Sussex Rd, E6. Call 07818 000 643

#### Zumba classes

Thurs, 7.30-8.30pm, London Tamil Sangam, 369 High St North, E12, £5. Wed, 7-8pm, Hathaway Communty Centre, Hathaway Cres, E12.



#### Call 07720 805 505

#### Yoga

Weds, 6.45-7.45pm The Unitarian Church, West Ham Ln, E15. Tues 6.10pm and 7.10pm, Fri 10.30am and 11.30am, The Hub, 123 Star LaneE16. £6 (£4 concs). Call 07946 072 412 or visit www.om4health.co.uk

#### Gate 7 Yoga

Yoga, Tues, 10am, £5, Forest Tavern, 179 Forest Lane, E7. Yoga, Tues, 7pm, £5, Forest Gate Methodist Church, E7. Sow & Grow, Thurs, 6.30pm, £5, Yoga, Play, Abbey Lane, E15. Yoga, Fri, 10am, £5, Forest Tavern, 179 Forest Lane, E7. Call 07950 944 095 www.gate7yoga.wordpress.com

#### **Twisted Pink Street Dance**

7-11yrs, Thurs, 6-7pm, St Luke's Church, Tarling Rd, E16. 12+yrs, Fri, 6-7pm, Maryland Studioz, 84 Leytonstone Rd, E15. All sessions £3. Call 07961 544 017, visit www.twistedpink.org.uk email twistedpink26@aol.com

#### **Z**umba

Mon and Thurs, 6.30-7.30pm, £5. Plaistow Community Centre, 63 Queens Rd West, E13. Call 07916 327 541

#### Zumba fitness with Jess

Weds, 7.15-8pm, £3.50 Vicarage Lane Community Centre. Govier Cl. E15. Call 07759 020 955

#### **Zumba Circuits**

Sat. 9.30-10.30am. £4. Community Resource Centre, 200 Chargeable Ln, E13. Call 07939 179 587

#### Unity Zumba

Mon and Wed, 8-9pm, Hartley Centre, 267 Barking Rd, E6. Tues, 8-9pm, and Thurs, 8.15-9.15pm, St Mark's Community Centre, 218 Tollgate Rd, E6. Sun, 6.30-7.30pm, Well Community Centre, 49 Vicarage Ln, E6. £5 per person. Call 07886 884 573 or email unityzumba@ufdance.co.uk

#### **TENNIS**



Indoor Tennis, Thurs, until 27 Mar, £3. 4.30-5.30pm, 4-10yrs; 5.30-6.30pm, 10-16yrs: 6.30-7.30pm. 16+. The Hub, Newham Leisure Centre. Call 020 3373 9000

#### **50+ ACTIVITIES**



#### **Newham LGBT Dinner Club**

First Thurs of every month, 6-9pm. Free, but you pay for your own dinner. Theatre Royal Stratford East Bar, E15. Call 020 7239 0447

#### Newham Striders (



Daily walking group Call 0844 414 2728

#### **Ballroom Dancing**

Mon, 10am-12noon, St Paul's Church Centre, Burges Rd, E6. £2.50 per session. Call 07761 209 463

#### **Nordic Walking**

Wed, 9.30am. Meet at Lord Lister Health Centre, Forest Gate, not suitable for wheelchairs, £2. Call 07783 660 429. Fri, 6.30-8pm. Meet at

Newham Leisure Centre Sun, 10-11.30am, Meet at East Ham Leisure Centre.

#### **GREEN**



#### Garden Club

Tues, 1-3pm, Thurs, 4-7pm, Sat, 10am-4pm, Abbey Gdns, Bakers Row, E15

#### Gardening Thymes (2) **Gardening Club**

Fri, 11am-1pm, Bowling

Green, Central Park, High St South, E6

#### **DOORSTEP CLUBS**



#### Gym & Basketball (14+yrs)

Tues, 6-10pm, £2, Rokeby School, Barking Rd, E16

#### Stunt & Tumble (14+yrs)

Thurs, 7.30-9pm, £5, Talent Cheer & Dance, Gallions Reach, Armada Way, E6. Call 07866 612 610

#### **Newham Doorstep** Athletics Club (14+)

A multi-sport session focussing on athletics, football and the gym. Tues, 6-7pm, Newham Leisure Centre. Call 07718 394 756.

#### **FEMALE SPORTS**



Call 0844 414 2728 unless otherwise stated.

#### Dare2Dance (12-16yrs) 🕎



Street dance, Fri, 3.30-5.30pm, Newham Leisure Centre

#### Girls Spinning Sessions 🕎 (11-15 yrs)



Tues and Thurs, 5-5.30pm, Newham Leisure Centre

#### Female Only Gym Sessions

Tues and Thurs. 3.30-5pm. 11-15yrs. Mon, 3-4pm, 16-25yrs. Newham Leisure Centre

#### Female Boxfit Classes (14+yrs)



Mon, 4.15-5.15pm, Balaam Leisure Centre. Call 07970 783 526

#### Girls Football (11-16yrs) 🕎



Tues, 4-5.30pm, Newham Leisure Centre. Thurs, 5-6pm, Newham Leisure Centre. Fri, 5-7pm, Memorial Park, E15

#### Sheila's Yummy Mummy Buggy (16+yrs)

£5, Mon, 10-11.30am, Central Park, High St South, E6 (meet outside cafe in the park) Fri, 10-11.30am, Plashet Park, Plashet Grv, E6. Call 07908 614 958 or email

#### spoleon@aol.com

#### Janice's Fitness (16+yrs)

Tues and Thurs 9.30-10.30am Soca and Zumba, £5. St George and St Ethelbert Church Hall. Burford Rd. E6 Email info@jfikarate.co.uk or call 07818 000 643

#### Zumba, Soca and Salsa Fusion

Mon, 6.45-7.45pm, £5 The Hartley Centre Call 07818 000 643

#### Sonia's Circuits (16+yrs)

Tues and Fri. 10-11am. £4. Ridley Christian Centre, 94 Upton Ln, E7 Call 07763 230 106

#### **Body Blast (16+yrs)**

Tues, 6.30-7.15pm, £5, Weds, 12.30-1.15pm, £5, Thurs, 12.30-1.15pm, £5, Fri (miniblast), 6.30pm-7pm, £2.50. Fitness membership £30 (entitles you to come to all classes for whole month). Talent Central, Unit 27a, 3 Armada Way, Gallions Reach Shopping Park, E6. Call 07866 612 610

#### Abs Blast (11-15yrs)

Thurs, 5.30-6pm, £3.10, Newham Leisure Centre

#### Women United AFC (11+yrs)

Mon (term time only), 6-7.15pm, £1, Kingsford School, E6. Call 07792 932 979

#### Athlefit (14+yrs)



Athletic fitness, Wed, 5.30-6.30pm, £1. Flanders Community Centre, Napier Road. E6. Call 07718 394 756.

#### Just Play (14-18yrs) 😭





(term-time only). NewVIc. Call 0844 414 2728

#### Get Back into Netball

Tues, 6-7.30pm, juniors, 7.30-9pm, seniors, £2. Lister Community School, St Mary's Rd, E13. Call 07717 281 529

#### Women's Badminton

Fri, 1-2.30pm, East Ham Leisure Centre, £2, equipment provided. Call 07930 162 505

#### Keep Fit - Stay Fit

Sat, 10-11am, £3.50. Jack Cornwell Community Centre, Call 07795 064 116

#### **Bodyshape Fitness**

Zumba for women, Thurs 7-8pm, £4, Durning Hall, Earlham Grv, E7. Call 07939 179 587

#### **Ladies Only Keep Fit**

Weds, 10am, £1, Chandos East Centre, Chandos Road, E15. Thurs, 10am, £1.50, Rokeby Centre, Rokeby St, E15.

#### **SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE**

#### Family Swims for Disabled Children and Adults

Sat, 4.30-5.30pm, Newham Otters Swimming Club. Newham Leisure Centre. Call 07931 788 739 Sun, 12.30-2pm, Family Swim, Balaam Leisure Centre, £5. Call 020 7476 5274

#### Swim for Families 😭 dealing with Autism

Wed, 4-5pm, Balaam Leisure Centre. Call 020 7476 5274

#### Get Fit for Free

Tues, 1.30-3.30pm and Fri, 10am-12noon. Free gym use for people with learning disabilities. Newham Leisure Centre. To book an induction call 020 7511 4477

#### Disabled Athletics (8-18yrs)

Tues, 4.15-6.15pm, Brampton Manor, Roman Rd, E6

Thurs, 4.30-5.55pm, St Angela's Ursuline School, 1 St George's Rd, E7 Email cnourrice@ englandathletics.org

#### Ability Club (11-25yrs)

Multisports for disabled young people. Weds, 5.30-6.30pm and Fri, 4.45-6pm, NewVIc

#### **Trampolining Sessions (U19s)**

Tues, 4.30-5.30pm, U19yrs, Newham Leisure Centre. Call 020 7511 4477

#### **Mixed Swimming Sessions** for Adults and Children

Wed, 10am-12noon, East Ham Leisure Centre. Call 020 8548 5850

#### Sensory Play

For children under 5 with special needs, speech and language delay or physical disabilities. Term time only. Fri, 10-11.30am, Oliver Thomas Children's Centre, Mathews Ave, E6. Email kathy.holdsworth@oliverthomas. newham.sch.uk or call 020 8821 0997

#### **RUNNING**



#### East End Road Runners

Tues and Thurs, 7pm Sun, 9am. Meet on the track. Coached sessions for all abilities. Newham Leisure Centre, Call 07979 261 647

#### Run England

#### All sessions are £2 unless stated.

Sun, 10am-12noon, Newham Leisure Centre, (meet on track) Mon, 4-5.30pm, Newham Leisure Centre (meet on track) 5.45-6.45pm, Newham Dockside, E16 (meet at reception) Tues, 6-7pm, Newham Leisure Centre (meet on track) Weds, 12noon-1pm, Newham Dockside, E16 (meet at reception) Thurs, free, 5.15-6.15pm, UEL Docklands Campus, E16 (meet at reception) Sat. 10-11.30am, East Ham Central Park, E6 (meet at the café) 10-11.30am, Wanstead Flats,

#### E12 (meet at Harrow Rd Changing Pavilion) 10-11.30am. Memorial Park.

E15, £4 (meet at car park) Call 07718 394 874

#### Beckton Park Run 🗘



Sat. 9am. Beckton Park South. E16. Call 07718 394 756 www.parkrun.org/beckton

#### **SPORTS**



#### **BMX**

Sun, 10am-12noon, 6-16yrs, £3/£2 members/£10 annual membership. Gooseley Playing Fields, St Albans Ave. E6. Call 07961 333 615 or email paul.farthing@activenewham.org.uk

#### **Indoor Cricket (8-16yrs)**

Weds, 6-8pm, £2, Lister Community School, St Mary's Rd, E13, email paul.farthing@activenewham.org.uk

#### Swimming (5-16yrs)

Newham Young Britons ASC Sat, 6.15-7pm. £2, Newham Leisure Centre. Call 07956 304 518

#### Woodside **Badminton Club**

Fri, 7.30-9.30pm, intermediate and club standard. £5 waged/£3 unwaged. Carpenters Docklands Centre. 98 Gibbins Rd, E15. Call 07958 761 676

#### Fencing with **Newham Swords**

Tues, 6-9pm, Thurs, 6-9pm Fri, 7-10pm. Classes for adults (18+) and mini-pirates (4-7yrs) also available. UEL SportsDock Call 07956 618 898

#### **Table Tennis**

Thurs, 6.30-9pm. Beginner and intermediate adults. Stratford School, Upton Ln, E15. Call 07976 577 716 or email ginny.harris10@ btinternet.com

#### **Badminton**

Thurs, 7-9pm (term-time only). £5 for a court and bring a racquet. Little Ilford School,



#### Badminton 🚺

Newham Swords



Mon, 4.45-6pm, NewVic. Mon, 4-6pm, SportsDock.

#### Table Tennis 🗘



Tues, 4.45-6pm, NewVic. Thurs, 6.30-8.30pm, **SportsDock** 

#### **FOOTBALL**



#### Mayor's Football League 🗘

U10yrs, U12yrs, Mon, 4.30-6pm, U16yrs, U18s, 6-7pm Newham Leisure Centre

#### activeNewham Premier League (16+yrs)



6-a-side (4 subs) Weds, 7-10pm, Newham Leisure Centre, Visit www.activenewham.org.uk

#### WHU Kickz



Mon, Tues, Fri, 4-7pm, WHUCST, Beckton 3G, 60A Albatross Cl, E6. Thurs, 6.30-7.30pm, Little

Ilford Learning Zone, 1 Rectory Road, E12.

Thurs, 6.30-7.30, Stratford Park MUGA, West Ham Ln, E15.

#### Football & Multi Sports 🕎



Mon, 4-5.30pm, Newham Leisure Centre. Weds, 5-6pm, Stratford Park MUGA, West Ham Ln. E15

#### Football and Athletics 🗘



Thurs, 4-5.30pm, Britannia Village, 65 Evelyn Road, E16. WHU Kicks, Sat 10.30-12noon, Newham Leisure Centre.



#### AIR Football (16+yrs)

Tues, 1-3pm and Fri, 10am-12noon, Memorial Park, Memorial Ave, E15 Fri, 3-5pm, Beckton Powerleague, E6 Visit www.airfootball.co.uk

#### Ascension Football Academy

£3. School years: Reception to 11yrs, Sat, 10-11.30am King George V Park, King George Ave, E16 Call 07806 584 925

#### Men's Health Football **Fitness Sessions**

Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Cls, E6 Call 020 7473 7724

#### **BASKETBALL**



#### Youngbloods Basketball

All sessions cost £1. U12s, mixed, Sat, 1-3pm, East Ham Leisure Centre U13/14s boys, Mon, 6-8pm and Weds, 4.30-6pm, St Angela's School, E7.

U13/14s girls, Mon, 4.30-6pm and Weds, 4.30-6pm, St Angela's School, E7. U15/16s, boys, Tues, 6-8pm, St Angela's School, E7 Thurs, 8pm, St Bonaventure School, E7.

U17/18s boys, Mon and Wed, 8-10pm, St Angela's School, E7. Call 07958 307 657

#### **Newham All Star Sports** Academy (NASSA)

Sessions £1 unless indicated otherwise.

Junior development, Fri, 4-6pm Cumberland School, Oban Cl, E13.

National league U13, U14, U16, Tues, 6-8pm, Rokeby School, Barking Road, E16. National league U18, Tues, 8-10pm, Rokeby School, Barking Road, E16. National league U13, U14, U16, Thurs, 6-8pm, SportsDock. National league U18, Tues, 8-10pm, SportsDock. Junior boys and girls, Sat, 10.20am-12.20pm, SportsDock, £2. Call 07703 503 995 or 07712 176 301. www.nassasports.org.uk

#### National League 😭



Mon, 6-8pm, U13/14s, Rokeby School, Barking Rd, E16 Tues, 6-8pm, U15/16s Rokeby School, Barking Rd, E16 Thurs, 4.30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Ln, E13 6-8pm, U16s, Newham Leisure Centre, 6-8pm, U18s, Cumberland School, Oban Cls, E13

#### Senior Programme 🐴



Mon, 7.30-9.30pm Division 2 women and division 3/4 men. Rokeby School, Canning Town, E16 Call 07947 401 616

#### Basketball Sessions



Women only, Tues, 4-5pm, Chobham Academy, 40 Cheering Ln, E20. Thurs, 5.30-6.30, Little Ilford Learning Zone, 1 Rectory Road, E12.

Thurs, 6-8pm, NewVic, E13. Disability Session, Fri, 4-5pm, NewVic, E13.

#### Basketball & Multi Sports 🚺



Fri, 5-6.30pm, 8-19s, Snowshill MUGA, Snowshill Rd, E12

#### **COMMITTEE MEETINGS**

All meetings take place at Newham Town Hall, Barking Rd, E6, unless specified.

Tues 4 Feb, 7pm, Health and Social Care Scrutiny Commission, Committee Room 1, Newham Town Hall, East Ham, E6 **7pm**, Regeneration and **Employment Scrutiny** Commission, Committee Room 2, Newham Town Hall, East Ham, E6

#### Wed 5 Feb, 6.30pm,

Standards Advisory Committee, Committee Room 2, Newham Town Hall, East Ham, E6

Thurs 6 Feb, 10am, Mayoral Proceedings, Council Chamber, Old Town Hall, Stratford, E15

#### Mon 10 Feb, 7pm,

Local Development Committee, Council Chamber, Old Town Hall, Stratford, E15

Tues 11 Feb, 7pm, Children and Young People Scrutiny Commission, Committee Room 1, Newham Town Hall, East Ham, E6 2RP **7pm,** Strategic Development Committee, Council Chamber,

Old Town Stratford, E15 Thurs 13 Feb, 7pm, SACRE, Brampton Primary School,

Brampton Rd, E6 Visit www.newham.gov.uk/ committee for updates.

#### **CONTACT THE MAYOR**

#### Mayor's walk in surgery

Registration for surgery is within the 30 minutes before advertised start time Thurs 6 Feb, 11am, Stratford

Local Service Centre, 112-118 The Grove, Stratford E15 Tues 11 Feb. 9am. The Place.

2 Silvertown Way, London E16

#### Mayor's Telephone Surgery

Wed 12 Feb. Please call 020 8430 2000 between 9.30am and 10.30am and ask for the Mayor's telephone surgery so a member of staff can take your details and arrange a callback.

#### LIBRARY CONTACTS



**Beckton Globe** 1 Kingsford Wy, E6 **Canning Town** Barking Rd, E16 **Custom House** Prince Regent Ln, E16

East Ham High St South, E6 Green Street 337-341 Green St The Gate 6-8 Woodgrange Rd, Forest Gate, E7 **Manor Park** 685-691 Romford Rd. E12 North Woolwich 5 Pier Parade, E16 Plaistow North Street, E13 Stratford 3 The Grove, E15 **Archives and Local Studies** (limited postal and email service only) call: 020 3373 6881 email: archiveslocalstudies@ newham.gov.uk **Community Outreach Services** To find out more call 020 3373 0813

#### **CENTRE CONTACTS**



**Balaam Leisure Centre** Balaam St, E13 East Ham Leisure Centre 324 Barking Rd, E6 The Hartley Centre 267 Barking Rd, E6 Jack Cornwell Community Centre Jack Cornwell St. E12 **Newham Leisure Centre** 281 Prince Regent Ln, E13 NewVIc Prince Regent Ln, E13 **UEL SportsDock** Docklands Campus, University Way, E16

All listings may be subject to change, please contact individual events and activities before attending.

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## Independent member needed for Audit Board

Do you live or work in Newham?

Do you want to extend your skills and abilities?

Could you challenge and contribute to the council's control framework?

Do you have knowledge of governance, risk management, internal controls, public sector, accounts, regulation and compliance?

If you can answer yes to these questions you may just be the person we are looking for.

The council's Audit Board is looking for an independent member who can challenge and direct the council's control framework. The independent member would serve for a period of three years with an approximate start date of May/June 2014.

You would be required to attend evening meetings up to eight times a year; each

meeting usually lasts about two hours. While it is a voluntary position you will be able to claim travelling and subsistence allowance.

If you are accepted, a full induction and training will be provided.

#### As a member of the Audit Board you would be expected to:

- Encourage and promote good governance within the council, particularly in relation to internal control
- Challenge the council's internal control framework to ensure that it is fit for purpose
- Ensure that the work of internal and external audit are complementary so that resources are used effectively
- Review the council's accounts and follow up any control issues raised concerning them
- Ensure that there is effective and adequate internal audit, counter fraud and risk management provision
- Provide independent assurance that recommendations made by internal and external audit are acted upon.

#### How to apply

To apply, send your CV with a supporting statement demonstrating your knowledge and how you can contribute to the key accountabilities in accordance with the requirements to:

Joy George
Legal and Governance
Resources and Commercial
Development Directorate
Newham Dockside
1000 Dockside Road
London E16 2QU.

We are committed to and champion equality and diversity in all aspects of employment with the London Borough of Newham. We welcome and encourage applications from all sections of the community.

If you've got any questions about the role you can also call Joy on 020 3373 1256 or email joy.george@newham.gov.uk

The deadline for applications is Friday 28th February 2014





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